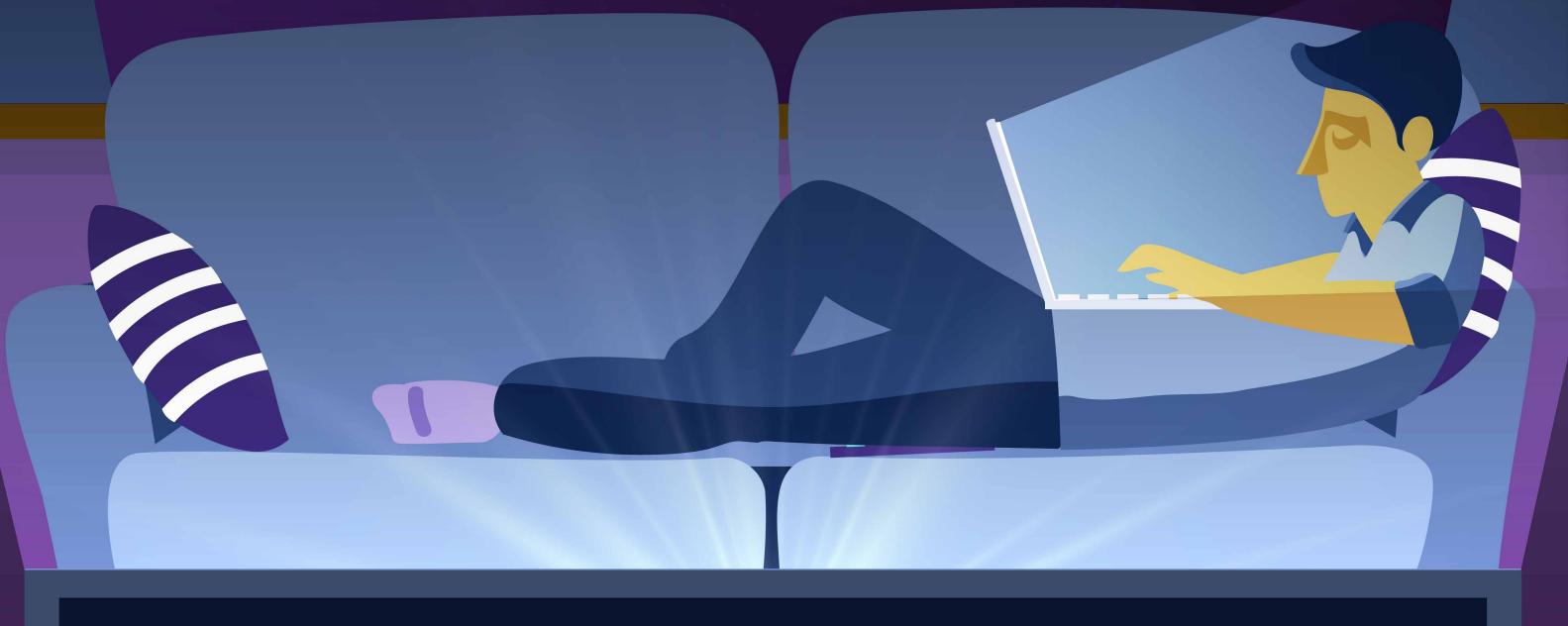
DID YOU GET ENOUGH SLEEP LAST NIGHT?



35% of U.S. adults are not getting the recommended 7 hours of sleep each night.



READ WHAT YOU CAN DO TO GET MORE SLEEP

www.cdc.gov/sleep/about_sleep

